



American Heart Month

Safety Topic of the Month

February 2011



Take your Health to Heart

The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention.

Heart Disease is the leading cause of death in the United States and is a major cause of disability.

The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack.

About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

What can you do to reduce your chances of developing coronary heart disease?



Step 1: Recognize the risk factors



The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk.

9 out of 10 heart disease patients have at least one risk factor. Several medical conditions and lifestyle choices can put people at a higher risk for heart disease, including:

- High cholesterol = LDL of > 100 mg/dL; HDL of < 40 mg/dL
- High blood pressure = 140/90 mmHg
- Diabetes = > 100 mg/dL fasting
- Cigarette smoking
- Overweight = BMI of 25-29.9; Obesity = BMI of 30 or greater
- Poor diet
- Physical inactivity
- Alcohol use



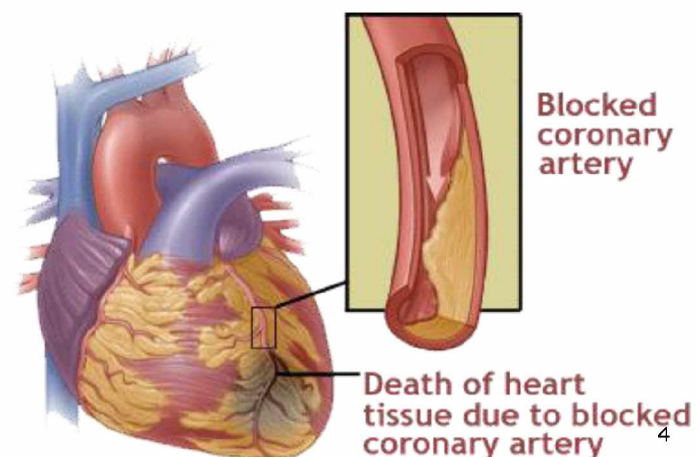
Step 2:

Know the signs and symptoms of a heart attack

Knowledge is **POWER!**

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.





Step 3: Live a healthy lifestyle

Watch your diet



As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day.
- If you do drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

Step 4: Live a healthy lifestyle

Exercise



Guidelines for healthy adults under age 65

Basic recommendations from ACSM and AHA:

- Do moderately intense cardio 30 minutes a day, 5 days a week
Or
- Do vigorously intense cardio 20 minutes a day, 3 days a week
And
- Do 8 to 10 strength-training exercises, 8 to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation.

** It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Tips to help you meet the Exercise Guidelines



With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity.

Try these tips for incorporating exercise into your life:

- **Do it in short bouts.** Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight.
- **Mix it up.** Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.
- **Set your schedule.** Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.
- **The gym isn't a necessity.** It doesn't take an expensive gym membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.
- **Make it a family affair.** Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.

Resources available to you at the Richmond Refinery



- All Chevron Employees – Corporate Cardiovascular Program
http://hr2.chevron.com/usbenefits/cardio/set_lang.asp
- Richmond Refinery Employees – H.E.A.R.T. Program
<http://www.ric841.chevron.net/hq/HEARTProgram/HeartMain.asp>
- All Chevron Employees and Contractors – Can join the Richmond Refinery Fitness Center
<http://www.ric841.chevron.net/hq/HQMembershipApplication.pdf>

Take your Health to Heart...Do you know your numbers?

Call the Richmond Refinery Fitness Center (242-1118) to schedule an appointment to have:

- A fasting Cholesterol and Glucose Screening
- A Fitness Assessment
- Your Blood Pressure Checked
- Your Body Fat Tested